



Training Cycle:
Cycle Duration:
Work Week
Focus:

Phase 13
6 Weeks
2/6
Race Specific Speed, Strength, and Endurance

Intensity Note:

- **Blue highlights indicate HR Zone 2 or less (Builds your aerobic engine – burns fat as a primary fuel source)**
- **Red highlights indicate HR Zone 3+ (Builds your strength, speed & LT – burns stored sugar as a primary fuel source)**

Monday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **Complete Rest Day**
Mental Notes: to maximize your productivity during the week, review your personal goals and objectives. Then take a look at how you have your week outlined to ensure that you can implement your objectives to move one step closer to achieving your goals. Though this may sound fundamental, as athletes we tend to get busy “getting it all in” but lose focus of why we are completing a specific workout or foam roller session. One area that consistently frustrates athletes is the area of food & associated energy levels. When you are eating fresh fruit, vegetables, and lean protein, you begin to realize that these food items don’t contain an abundance of calories. Because of this situation, it is imperative that all your food is prepped and readily available throughout the day to fuel your next workout and provide the necessary recovery calories to rebuild muscle and replenish depleted sugar storages in your liver and muscles.
- **Evening Protocols**
Belly Breathing: take a straw and breathe through the straw – in and out; for 30 seconds; for 90 seconds breathe without the straw; focus on using the same muscles to inhale without the straw that you did with the straw. Repeat 5x
Mental Imagery: after implementing 10-15 deep belly breaths, visualize your next race – start to finish. See yourself implementing & maintaining perfect mechanics in every situation.
Shin Stripping: in addition to your foam [Roller & TP therapy](#) (see last week); take your thumb and firmly press along the edge of your shin bone from your ankle up to your knee area. When you feel a knot or sticky spot, apply slightly more pressure and hold for 5-10 seconds then slide further up the shin. Complete both sides of the shin bone for the legs.

Tuesday

- **Body Analysis – please use your Coach Robb Report Card to log this information for evaluation purposes**
- **(Morning Workout) Complete Racing Solutions MX: Speed Workout #1**
[Please refer to the spreadsheet at the bottom of this document]
Workout Notes: this workout is all about consistency with a twist. It is easier to set your pace with a 2-lap moto and then “match” the pace as the duration increases; however, during this workout, we are going to approach it completely differently. Set a goal pace in your head and maintain this pace for your **5-lap intervals**. Then evaluate if you are holding that same pace or faster as the durations reduce from 5 laps to 3 laps to 2 laps by the end of the set. If you can establish a faster speed by Set #3, then repeat the workout and strive to maintain the 2-lap speed for the 5-lap & 3-lap motos. Because the intensity is so high, maintaining stable blood sugar levels will ensure that your brain and muscles “elevate” to the next level of speed.
- **(Afternoon Workout) Complete Racing Solutions P13 Combo Strength Workout**
[Please use the spreadsheet and associated videos listed at the bottom of this document]
Workout Notes: these exercises are familiar with a longer duration.

Pre-Hydration & Nutrition: 10-15 minutes before this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Sets: 2
Duration: 40 Seconds (unless otherwise noted)
Post Workout Protocols
 - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold of [Energy Fuel Recovery](#) mixed with almond milk.
- **Evening Protocols – please reference Monday’s notes & video links**



Wednesday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
Choose one of the following for your morning workout:
- **(Complete One of the Following) Complete Racing Solutions Bike: Load Level Intervals (55 Minutes)**
 - Misc. Notes:** Throughout these 5-minute blocks, focus on the generation of power (not speed or pace). Focus on your belly breathing to help stay within the desired intensity levels. The principles that you are applying here are called the Overload & Familiarity Principles. By overloading the tendons, ligaments, and muscles they will literally “adapt” to the load at a neuromuscular level. The outcome will be a higher level of power with less effort. Repeating the load levels over **50 minutes** will result in your nerves and muscles becoming “familiar” with the workload without creating mental noise.
 - Pre-Hydration & Nutrition:** 10-15 minutes before this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.
 - Warm-up: HR Zone 1:**
 - Duration:** 10 minutes
 - Cadence:** 80-90 (no higher/lower)
 - Gearing:** small chain ring up front, middle rear gearing
 - Misc.:** stretch and hydrate before moving into your main set
 - Main Set: Intensity Based Intervals: 8 x 5 Minutes**
 - In a seated position – push the tallest gear combination at 50-60 RPMs while staying in **HR Z2** (no higher) for 3 minutes
 - Lighten the load levels and spin easily for 2 minutes – stretch and hydrate as necessary
 - Repeat the 5 Minute blocks 8 times for a total of 40 minutes**
 - Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes**
 - Duration:** 5 minutes
 - Cadence:** 85-90
 - Gearing:** the easiest combination that gets you into **HR Z1**
 - Misc.:** don’t dismount until your heart rate is within **HR Z1**
- **Complete Racing Solutions Row: Fragmented Intervals (55 Minutes)**
 - Misc. Notes:** please reference the workout notes from above.
 - Pre-Hydration & Nutrition:** 10-15 minutes before this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.
 - Warm-up (HR Z1):** Focus on a straight back leading with your legs and finishing with your arms coming to your chest.
Load Level: 3 **Duration:** 10 Minutes **Pull Rate:** less than 25 [Stretch your lower body](#)
 - Main Set: Intensity Based Intervals: 8 x 5 Minutes**
 - Load Level: 7** **Duration:** 5 Minutes **Pull Rate:** less than 20-25
 - Settle into the upper end of **HR Z2** and maintain for **3 minutes**
 - After 3 minutes; decrease the **load levels to 3** and pull easy for **2 minutes** – stretch and hydrate as necessary
 - Increase your intensity up to the upper end of **HR Z3** & maintain for 5 minutes (focus on your breathing to stay within **HRZ3**)
 - Cool Down (HR Z1):** Focus on a straight back leading with your legs and finishing with your arms coming to your chest.
Load Level: 2 **Distance:** 5 Minutes **Pull Rate:** less than 25 **Stretch from head to toe**
 - Post Workout Protocols**
 - **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
 - **Nutrition:** immediately consume 8-10 ounces of iced cold of [Energy Fuel Recovery](#) mixed with almond milk.
- **Evening Protocols** – please reference Monday’s notes & video links



Thursday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX: Aerobic Workout #1**

[Please refer to the spreadsheet at the bottom of this document]

Workout Notes: during this workout ask yourself if you are producing speed through "thinking" or "flowing". Remember what we discussed; your left brain is the logical side of your thought processes. When it comes to riding fast with little effort, you must implement what you have been visualizing when you lay down for either your nap or for the evening. The combination of staying relaxed while you are riding fast will keep the heart rate down as well as keep your average lap times low. Add the power of belly breathing and you have a combination of going fast at a low heart rate - the overall goal of this workout on the bike.

- **(Afternoon Workout) Complete Racing Solutions P13 Combo Strength Workout**

[Please use the spreadsheet and associated videos listed at the bottom of this document]

Workout Notes: these exercises are familiar with a longer duration.

Pre-Hydration & Nutrition: 10-15 minutes before this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Sets: 2

Duration: 40 Seconds (unless otherwise noted)

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold of [Energy Fuel Recovery](#) mixed with almond milk.

Speed of Lift: consistent through the entire range of motion

Rest Interval: none in between exercises; 1:00 in between cycles

- **Evening Protocols** – please reference Monday's notes & video links

Friday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes

Choose one of the following for your morning & evening workout:

- **Complete Racing Solutions Row: Even Tempo – Aerobic Enhancement (70 Minutes)**

Misc. Notes: This workout is designed to enhance your aerobic capacity so pay close attention to your HR monitor to ensure that you don't elevate your intensity **above HR Z2**. Pay close attention to good form to ensure that you don't strain your back.

Pre-Hydration & Nutrition: 10-15 minutes before this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Warm up-HR Zone 1: Focus on a straight back leading with your legs and finishing with your arms coming to your chest.

Display: Time **Load Level: 3** **Duration:** 5 Minutes **Pull Rate:** less than 25 **Stretch from head to toe**

Main Performance Block: 1:15 to 1:45 minutes (HR Zone 2)

Display: Time **Load Level: 5** **Pull Rate:** 25-30 staying within HR Z2 (no higher or lower)

Set Notes: with your pull rate between 25-30, settle into a consistent rhythm. Focus on good biomechanics: leading with your legs, tall upper body position, and keeping the chain tight in both directions. Hydrate with Energy Fuel to maintain your blood sugar & energy levels.

Cool Down-HR Zone 1

Load Level: 3 **Duration:** 5 minutes

Cadence: 85-90

Pull Rate: less than 25

Stretch from head to toe

Misc.: don't dismount until your heart rate is within HR Z1

- **Complete Racing Solutions Bike: Even Tempo - Aerobic Enhancement (90' to 2 Hours)**

Misc. Notes: relaxed ride with no agenda but to head outdoors and work on optimized pedal mechanics; as the elevation changes or as the headwinds pick up think about pedaling in full circles before adjusting your gearing to an easier load level. As you are seated, slide back when the ground goes up or the headwinds pick up. Set your watch to ensure that you stay hydrated and stretched out.

Warm Up: HR Zone 1

Duration: 10 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc.: stretch and hydrate before moving into your main set

Main Performance Block: 1:15 to 1:45 minutes (HR Zone 2)

Set Notes: with your cadence between 80-90; the tallest gearing that you can maintain while keeping the chain tension tight and maintaining your cadence zone; every 15 minutes stand up and stretch your hamstrings, quads, calves, and lower back. Hydrate with Energy Fuel to maintain your blood sugar & energy levels.

Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes

Duration: 5 minutes

Cadence: 85-90

Gearing: the easiest combination that gets you into HR Z1

Misc.: don't dismount until your heart rate is within HR Z1

- **Evening Protocols** – please reference Monday's notes & video links



Saturday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX: Speed Workout #1**

[Please refer to the spreadsheet at the bottom of this document]

Workout Notes: this workout is all about consistency with a twist. It is easier to set your pace with a 2-lap moto and then "match" the pace as the duration increases; however, during this workout, we are going to approach it completely differently. Set a goal pace in your head and maintain this pace for your **5-lap intervals**. Then evaluate if you are holding that same pace or faster as the durations reduce from 5 laps to 3 laps to 2 laps by the end of the set. If you can establish a faster speed by Set #3, then repeat the workout and strive to maintain the 2-lap speed for the 5-lap & 3-lap motos. Because the intensity is so high, maintaining stable blood sugar levels will ensure that your brain and muscles "elevate" to the next level of speed.

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold of [Energy Fuel Recovery](#) mixed with almond milk.

- **2 Hour Power Nap after lunch**

Misc. Notes: think about this nap as a shortcut to the top! The extra two hours of rest and recovery will ensure that your body is getting the necessary hGH (human growth hormone) along with a time to simply relax: mentally and physically. You have earned this extra dose of sleep, so take full advantage of it.

- **Evening Protocols** – please reference Monday's notes & video links

Sunday

- **Body Analysis** – please use your Coach Robb Report Card to log this information for evaluation purposes
- **(Morning Workout) Complete Racing Solutions MX: Aerobic Workout #1**

[Please refer to the spreadsheet at the bottom of this document]

Workout Notes: during this workout ask yourself if you are producing speed through "thinking" or "flowing". Remember what we discussed; your left brain is the logical side of your thought processes. When it comes to riding fast with little effort, you have to implement what you have been visualizing when you lay down for either your nap or for the evening. The combination of staying relaxed while you are riding fast will keep the heart rate down as well as keep your average lap times low. Add the power of belly breathing and you have a combination of going fast at a low heart rate - the overall goal of this workout on the bike.

Afternoon Workout – No Nap, No Evening Workout:

- **Complete Racing Solutions Bike: Heart Rate Pacing Blocks (60 Minutes)**

Misc. Notes: For this workout, you will need to know your HR Z3 numbers (high and low specific numbers).

Pre-Hydration & Nutrition: 10-15 minutes before this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Warm up-HR Zone 1: Focus on [optimum pedal mechanics](#) right from the beginning

Duration: 5 minutes

Cadence: 80-85 (no higher/lower)

Gearing: small chain ring up front, middle rear gearing

Misc.: stretch and hydrate before moving into your main set

Main Set: Heart Rate Pacing Blocks: 50 Minutes

Settle into the low end of **HR Z3** and maintain for **6 minutes**

After 6 minutes increase your intensity to the high end of **HR Z3** and maintain for **4 minutes**.

After 4 minutes, lower your effort back to the lower end of **HR Z3** – **Repeat for 50 minutes**.

Cool Down: HR Zone 1: Keep a close eye on your HR level for the final 5 minutes

Duration: 5 minutes

Cadence: 85-90

Gearing: the easiest combination that gets you into **HR Z1**

Misc.: don't dismount until your heart rate is within **HR Z1**

- **Complete Racing Solutions Row: Heart Rate Blocks (60 Minutes)**

Misc. Notes: For this workout, you will need to know your HR Z3 numbers (high and low specific numbers).

Pre-Hydration & Nutrition: 10-15 minutes before this workout, consume 8-10 ounces of [Energy Fuel](#) to top off both your calories and provide electrolytes for proper muscle contraction.

Warm-up (HR Z1): Focus on a straight back leading with your legs and finishing with your arms coming to your chest.

Load Level: 3

Duration: 5 Minutes

Pull Rate: less than 25

[Stretch your lower body](#)

Main Set: Heart Rate Pacing Blocks: 50 Minutes

Settle into the low end of **HR Z3** and maintain for **6 minutes**

After 6 minutes increase your intensity to the high end of **HR Z3** and maintain for **4 minutes**.

After 4 minutes, lower your effort back to the lower end of **HR Z3** – **Repeat for 50 minutes**.

Cool Down (HR Z1): Focus on a straight back leading with your legs and finishing with your arms coming to your chest.

Load Level: 2

Distance: 5 Minutes

Pull Rate: less than 25

Stretch from head to toe



Complete Racing Solutions P13 Combo Strength Workout	Date	Date
Easy Row or Spin on Bike - 10 minutes		
Stretch - Head to Toe		
Full Body Stretch - Instructional Video		
Cycle 1		
Marching Bridge		
Instructional Video - Marching Bridge		
Rep Count - Right Leg		
Rep Count - Left Leg		
Rep Count - Right Leg		
Rep Count - Left Leg		
Low Back Extension off of Fit Ball		
Instructional Video - Low Back Extension off of Fit Ball		
Reps Set #1		
Reps Set #2		
Single Leg Step Up with Weight		
Instructional Video - Single Leg Step Up with Weight		
Weight		
Reps Set #1		
Reps Set #2		
Cycle 2		
Hanging Abdominal Knee Raises (Goal 8 Reps)		
Instructional Video - Hanging Abdominal Knee Raises		
Reps Set #1		
Reps Set #2		
Chest Fly with Pause on Fit Ball		
Instructional Video - Chest Fly on Fit Ball		
Weight		
Reps Set #1		
Reps Set #2		
2 Legged Box Hops - 60 seconds		
Instructional Video - 2-Legged Box Hops		
Reps Set #1		
Reps Set #2		

Cycle 3		
Flat Bench Press on Fit Ball		
Instructional Video - Flat Bench Press on Fit Ball		
Weight		
Reps Set #1		
Reps Set #2		
Hamstring Press with Extension on Fit Ball		
Instructional Video - Hamstring Press with Extension on Fit Ball		
Reps Set #1		
Reps Set #2		
Push Up - Knee to Shoulder		
Instructional Video - Push Up-Knee to Shoulder		
Reps Set #1		
Reps Set #2		
Biceps - 14's		
Instructional Video - Bicep 14's		
Weight		
Reps Set #1		
Reps Set #2		
Cycle 4		
Abdominal Criss Cross		
Instructional Video - Abdominal Criss Cross		
Reps Set #1		
Reps Set #2		
Single Leg Push Ups		
Instructional Video - Single Leg Push Ups		
Reps Set #1		
Reps Set #2		
Abdominal Open Rotation		
Instructional Video - Abdominal Open Rotation		
Reps Set #1		
Reps Set #2		
Abdominal - Hip Risers		
Instructional Video - Abdominal Hip Risers		
Rep Count Right		
Rep Count Left		
Rep Count Right		
Rep Count Left		



Complete Racing Solutions MX Speed Workout #1		
Workout Focus: Consistent Race Speed		Total Ride Time: 60 Minutes
	Description	
Warm Up	Set Focus: Gradual Warm Up Instructional Video on how to set up the Concept 2 Rower Ride either a bike or Concept 2 Rower easily for 10 minutes - even tempo Stretch passively (no bouncing) from head to toe / Re-hydrate with Energy Fuel	Intensity Less Than 50%
Main Set #1	Focus: Smooth start and fast five (5) laps	Intensity
Workout Protocol:	Complete a start and then merge onto the track just like a race. Over the next five laps, maintain the highest rate of speed while staying consistent for all five laps Moto Specific Heart Rate Zone - Low # High #	90-95%
Elapsed Times:	5 Lap Elapsed Time Interval #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate	
Elapsed Times:	5 Lap Elapsed Time Interval #1: Fastest Lap: Max HR: Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #2	Focus: Smooth start and fast three (3) laps	Intensity
Workout Protocol:	Your goal is to maintain the match or beat your fastest lap from Set #1 Moto Specific Heart Rate Zone - Low # High #	90-95%
Elapsed Times:	3 Lap Elapsed Time Interval #1: Fastest Lap: Max HR: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Elapsed Times:	3 Lap Elapsed Time Interval #1: Fastest Lap: Max HR: Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Focus: Smooth start and fast two (2) laps	Intensity
Workout Protocol:	Your goal is to maintain the match or beat your fastest lap from Set #2 Moto Specific Heart Rate Zone - Low # High #	90-95%
Elapsed Times:	2 Lap Elapsed Time Interval #1: Fastest Lap: Max HR: Rest For 3 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Elapsed Times:	2 Lap Elapsed Time Interval #1: Fastest Lap: Max HR:	
Warm Down	Easy riding - nothing structured or intense; allow the HR to come down slowly	40%
	Pre-Riding Weight: Total Fluids Consumed:	Post-Riding Weight: Loss/Gain

Workout Notes: this workout is all about consistency with a twist. It is easier to set your pace with a 2 lap moto and then "match" the pace as the duration increases; however, during this workout, we are going to approach it completely differently. Set a goal pace in your head and maintain this pace for your **5-lap intervals**. Then evaluate if you are holding that same pace or faster as the durations reduce from 5 laps to 3 laps to 2 laps by the end of the set. If you can establish a faster speed by Set #3, then repeat the workout and strive to maintain the 2-lap speed for the 5-lap & 3-lap moto. Because the intensity is so high, maintaining stable blood sugar levels will ensure that your brain and muscles "elevate" to the next level of speed.

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold of [Energy Fuel Recovery](#) mixed with almond milk.



Complete Racing Solutions Aerobic MX Workout #1		
Workout Focus: Holding Aerobic Pace as Duration Decreases		
	Description	Intensity
Warm Up	Set Focus: generate blood flow into all the working muscles	
Workout Protocol:	Instructional Video on how to set up the Concept 2 Rower	Less Than 40%
	Concept 2™ Rower - 10 minutes: low-intensity pulling Instructional Video on how to stretch - head to toe Stretch passively (no bouncing) from head to toe	
Main Set #1	Set Focus: Moving the bike with your core	Intensity
Protocols:	10 Start using only your inner leg; hold onto the bars BARELY - only with your fingertips 5 Starts - look ahead and move the bike with your thighs 5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over Rest For 5 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	Very Relaxed
Main Set #2	Set Focus: Muscular Endurance	Intensity
Protocols:	Note: these protocols are based on a lap time of approximately 1 minute - adjust to fit your track ** Don't allow your pace to fall off by more than 2 seconds throughout the moto. 15 Minute Moto - Even Paced (Beginning to End) Moto Specific Heart Rate Zone - Low # High #	80-85%
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	
Elapsed Times:	Fastest Lap Time: Avg. HR#: Max HR#:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #3	Set Focus: Muscular Endurance	Intensity
	** Strive to maintain the same pace as Set #2 15 Minute Moto - Even Paced (Beginning to End) Moto Specific Heart Rate Zone - Low # High #	80-85%
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	
Elapsed Times:	Lap 11 Time: Lap 12 Time: Lap 13 Time: Lap 14 Time: Lap 15 Time:	
Elapsed Times:	Fastest Lap Time: Avg. HR#: Max HR#:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #4	Set Focus: Muscular Endurance & Speed	Intensity
	10 Minute Moto - Negative Split 2nd Half of Moto Moto Specific Heart Rate Zone - Low # High #	80-85%
Elapsed Times:	Lap 1 Time: Lap 2 Time: Lap 3 Time: Lap 4 Time: Lap 5 Time:	
Elapsed Times:	Lap 6 Time: Lap 7 Time: Lap 8 Time: Lap 9 Time: Lap 10 Time:	
Elapsed Times:	Fastest Lap Time: Avg. HR#: Max HR#:	
	Rest For 10 Minutes - Stretch from head to toe / Re-hydrate with Energy Fuel	
Main Set #5	Set Focus: Body Balance	Intensity
Protocols:	10 Starts using only your inner leg; hold onto the bars BARELY - only with your fingertips 5 Starts - look ahead and move the bike with your thighs 5 Starts - put a rock down about 10 yards out from your front wheel; see if you can run over	Very Relaxed
Warm Down	10 minutes of easy riding - nothing structured or intense (watch the HR monitor to ensure)	40%



Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.

Beginning Weight:

Ending Weight:

Loss Gain (Loss):

Workout Notes: during this workout ask yourself if you are producing speed through "thinking" or "flowing". Remember what we discussed; your left brain is the logical side of your thought processes. When it comes to riding fast with little effort, you have to implement what you have been visualizing when you lay down for either your nap or for the evening. The combination of staying relaxed while you are riding fast will keep the heart rate down as well as keep your average lap times low. Add the power of belly breathing and you have a combination of going fast at a low heart rate - the overall goal of this workout on the bike.

Post Workout Protocols

- **Flexibility:** complete [dynamic movements](#), [static stretches](#) & foam rolling exercises for optimum recovery
- **Nutrition:** immediately consume 8-10 ounces of iced cold of [Energy Fuel Recovery](#) mixed with almond milk.